



# Friendship Senior Center

5000 Commons Drive

Harrisburg, PA 17112

717-657-1547

friendshipseniorcenter@gmail.com

## Board of Directors

Manager: Joanne Grant

1st Assistant Manager: Kim Frank

2nd Assistant Manager: Winsome Parke

Administrative Secretary: Pat Seedor

Recording Secretary: Mary Lytle

Treasurer: Laureen Martin

Assistant Treasurer: Barb Mihalic



# 2023

**Health Precautions:** COVID, Flu, Colds, etc., Please, **STAY HOME** if you are not feeling well! These illnesses are all communicable (spreadable) and as “seniors” we are more susceptible to these illnesses. **THANK YOU!**

**MY SENIOR CENTER scan:** Please remember to use your scan card with each visit. If you do not have a scan card or your card is not working, please tell someone at the desk. Scanning your card provides statistics State and County Departments of Aging.

**Book Club :** Meets 2nd Wednesdays @ 11:30.to discuss the following books:

**April—Prince of Tides by Pat Conroy**

**May—**The Great Santini has been removed from the reading list. Please check with David for the replacement.

**Sunshine:** Speedy Recovery to Mary Alice Dumbauld !

## **FRIENDSHIP YMCA SPONSORED CLASSES / PROGRAMS**

**ENHANCE: M-W-F, 10:30-11:30:** This Class, is currently at capacity. For more information and future availability, please contact: Linda Kerstetter at: linda.kerstetter@ymcaharrisburg.org or 717-234-9622 ext 111.

**Blood Pressure Self-Monitoring Program:** From the Harrisburg YMCA Center for Healthy Living. February 27—June 26, 2023. Mondays at 12:30PM. Meets at the Friendship Senior Center. This program focuses on regulated home self-monitoring of one's blood pressure using proper measuring techniques, individualized support and nutritional education for better blood pressure management. WHO QUALIFIES: Must be at least 18 years old, be diagnosed with high blood pressure, not have experienced recent cardiac event, not have atrial fibrillation or other arrhythmias, and not be at risk for lymphedema. Contact: Amy Jacobs at 717-232-3113 for more information and to register. No cost to participate.

## **MEMBERSHIPS**

Memberships, new and renewals are on going. The membership donation is \$15 and gives members access to all activities of the Friendship Senior Center. There may be a cost involved with specific events or meals.

## **CLASS / ACTIVITY INFORMATION**

### **NEW!! BRIDGE**

**Bridge is now an activity, Mondays, 10:30 AM-12 Noon. Janet Shaffer, tournament Bridge player and Bridge Instructor, will teach you how to play Bridge. Experienced players and those wanting to learn how to play are welcome.**

### **SPANISH CLASS**

**Wednesdays, 10:00 AM**

We have secured a Spanish Teacher. Her name is Tonya Johnson. She is a retired Spanish teacher, fluent in Spanish, spent a year in Spain, taught at Harrisburg High and was a Professor Gumbly student.

## **SAFETY NOTICE**

**PLEASE!** Be very careful when entering the senior center. The door and handicap switch are not working properly. It requires significant force to pull the door open. If it is propped open, please WATCH YOUR STEP! We are working to resolve the issue

### **Friendship Senior Center Knitters and Crocheters**

Meet on Thursdays and Fridays from 10 AM till 2 PM to socialize, learn new skills and make items for charity. New members and all skill levels are welcome to join our group and we will teach, if these are skills you would like to learn. Donations of yarn and craft supplies are always welcome. We are available in the senior center on Thursdays and Fridays, 10 AM until 2 PM for information or to purchase our items (for a suggested donation). All proceeds from donations are used to purchase more supplies to make more items for charity. Items: Afghans/various sizes, Baby Items, kitchen Items, Scrubbies, Aprons, Hats/Scarves and more. In December of each year we donate our creations to worthy organizations.

The following list represents organizations that have received our creations:

RSVP-Retired Senior Volunteer Program: (a) Kids in Perry County, (b) VA  
Mr. Jackson-Homeless Veterans  
Pinnacle Health Children's Resource Center & UPMC  
Bethesda Mission-Ladies/Men  
National Coalition of 100 Black Women  
New Beginnings Ministry-New Hope  
Columbus Air Force Base-Mississippi

Latino Center  
Dream Center  
Spring Creek  
Hamilton Health  
Jewish Home  
Morning Star-Unwed Mothers  
Lourdes House-Unwed Mothers  
Jewish Home

Our senior center has been asked to set up a display at this event. This Senior Resource Fair will be similar to the Senior Expo, providing resource information to seniors. Our Manager, Joanne Grant will be there with other of our board members to promote our center and its activities.

Please Stop By.



## **Senior Resource Fair**

**APRIL 26th from 10am-2pm at the LCBC Church**  
**4150 Chambers Hill Road Harrisburg, PA**

**HOSTED BY SWATARA TOWNSHIP**

**Resources Include:**

- Blood Pressure Screenings
- Fall Prevention Info
- Scams and Fraud Prevention
- Housing for Seniors
- End of Life Preparation
- Elder Abuse Info
- And Many More!

**FREE ADMISSION & FREE REFRESHMENTS**

**Our Senior Resource Fair will feature various agencies and services whose focus is on senior citizens. This event is designed for those 60 years of age or older and for those individuals who provide care for a senior.**

For questions regarding this event please contact Det. Chris Seiler at 717-564-2550 OR via email at [cseiler@swatarapolice.org](mailto:cseiler@swatarapolice.org)



# April 2023

Sun Mon Tue Wed Thu Fri Sat

					Center Closed Good Friday April 7th	1
	3	4		6 Board Mtg 9:30	 <i>Good Friday</i>	8
	10	11	12 Book Club 11:30	13	14	15
16	17	18	19 General Member- shi8p Mtg 11:30	20	21	22
23	24	25	26	27	28	29
30						

## Monday

8:30-Noon Office Open  
9:00-10:00 Light Aerobics  
10:30-11:30 Enhance  
10:30-12 noon Bridge

## Tuesday

8:30-Noon Office Open  
8:00-Noon Cards/Board games  
9:30-11:30 Art  
12:30-2:00 Cash Bingo

## Wednesday

8:30-Noon Office Open  
9:00-10:00 Light Aerobics  
10:00-11:00 Spanish  
10:30-11:30 Enhance  
(12:30) 1:00 Bingo

## Thursday

8:30-12 Noon Office Open  
9:00-12:00 Cards/Board Games  
10:00-12:30 Scrabble  
10:00-12:30 Mah Jongg  
11:15-12:15 Tai Chi  
10:00-2:00 Group Knit/Crochet

## Friday

8:30-12 Noon Office Open  
9:00-10:00 light Aerobics  
10:00-2:00 Group Knit/Crochet  
10:30-11:30 Enhance  
12:00-2:00 Pinochle



Friendship Senior Center  
5000 Commons Drive  
Harrisburg, PA 17112  
(717) 657-1547  
[friendshipseniorcenter@gmail.com](mailto:friendshipseniorcenter@gmail.com)

The idea for a senior center began over 20 years ago with a dream of Frank Cousart and the formation of the Harrisburg East Senior Action Committee. With the cooperation of Dauphin County Department of Aging, Lower Paxton Township Supervisors and the citizens of the township, the dream became reality. Members of several senior groups formed the original members of the Friendship Senior Center.

The Friendship Senior Center is located in the East Annex (senior center) of the current Friendship YMCA. The senior center is compliant with the Pennsylvania Department of Aging guidelines and standards and as a 501 (c) 3 organization. We are a Dauphin County Senior Center but, our membership is not limited to residents of Dauphin County.

The purpose of the center is for the education and enlightenment of persons age 55 and over. The variety of our activities and programs are designed to assist seniors to improve socially, physically and mentally. We offer aerobics, Tai-Chi, Scrabble, Bingo, Art and language classes and various card playing groups. We have a group of knitters and crocheters that make and donate items to various charities. We have a congenial and cooperative relationship with the YMCA which has allowed enhancement of activities.

Our center is open Monday-Friday, 7:30 AM until 3:00 PM. We are an **all-volunteer** organization, with officers elected by the general membership to serve two-year terms. We welcome and encourage the help of volunteers in the running and maintaining the operations of the center. We are financially supported by yearly (currently \$15.00) memberships and donations.

You can find additional history of our center at the Senior Center desk in the 'White Book'

You can find our information on the Lower Paxton Township web site and issues of our newsletters.

We are a FRIENDLY and ACTIVE place that welcomes all seniors!